



photo by Terry Yeomans/MWR Marketing

## Daddy-daughter time

**Spc. Ryan Lassler**, F Company, 725th Brigade Support Battalion, plays with his 6-month-old daughter, Chloe, during Piglet's Play Group. This class focuses on education, baby sign language, touch points, infant massage and baby play.

## WHAT'S HOT

### Moose's newsletter

The October MWR Moose Sentinel newsletter is available online at [www.usarak.army.mil/framwr](http://www.usarak.army.mil/framwr) or [www.mwrarmyalaska.com](http://www.mwrarmyalaska.com).

### Pool closed

The Buckner Physical Fitness Center Pool is closed through Oct. 16 for maintenance.

For more information, call 384-1301.

### TODAY AND WEDNESDAY Burn calories

Karate (combined martial arts) is at Buckner Physical Fitness Center from 5:30 to 7:30 p.m. The cost is \$40 for eight sessions.

For more information, call 384-1308.

## TOMORROW

### Bring your poker face

Texas Hold-em at the Down Under Lounge (Bldg. 655) is at 5 p.m. and has weekly cash prizes.

For more information, go to [www.poker.mwrarmy.alaska.com](http://www.poker.mwrarmy.alaska.com).

## MONDAY

### Monday night madness

Watch Monday Night Football on the large projection-screen TV at the Down Under Lounge (Bldg. 655) from 4 to 9 p.m.

For more information, call Johni Heber at 384-7619 or 862-2623.

## THURSDAY

### Sharks and darts

The Intramural Pool and Darts League begins today and will continue every Thursday at the Down Under Lounge (Bldg. 655) at 6 p.m.

For more information, call 384-1304.

### Lumber lessons

A Wood Shop Safety class is offered every Thursday at 4:30 p.m. The cost is \$10 per person. Patrons must attend the safety course before using the Wood Shop inside the Arts and Crafts Center (Bldg. 755).

For more information, call 384-3418.

### Pretty as a picture

Take a Basic Matting and Framing class at the Arts and Crafts Center (Bldg. 755) at 6 p.m. The cost is \$30 per person. Patrons must bring a small photo, print or drawing to frame.

Call 384-3417 for more information.

## FITNESS

All classes are at the Family Zone. The cost is \$3 per class.

Individual class payments must be purchased at Buckner Physical Fitness Center prior to attending classes at the Family Zone.

A 10-class fitness punch card can be purchased at BPFC for \$20. For more information, call 384-1305.

**Monday and Wednesday** — Group Cycling and Core Training at 11:45 a.m.

**Tuesday and Thursday** — Step and Sculpt and the Yoga/Pilates class are at 9:15 a.m.

**Friday** — Turbo-Kick class at 11:45 a.m.

## ACS NEWS

### TODAY

### Parental refresher

The Parenting Workshop is every Friday at the Family Zone, Rm. 21, from 11:30 a.m. to 1 p.m. Bring your own lunch.

Child development, discipline, safety, models of parenting and more will be discussed.

Call Sue May to register in advance at 384-0504.

### MONDAY

### Supportive spouses

A free deployment support group is

in Bldg. 600, Rm. A137, from 6:30 to 7:30 p.m. The group is for spouses and children of deployed Soldiers.

The purpose is to provide support to families during these difficult times.

For more information, call Michele Barber at 384-1006.

### TUESDAY

### Money matters

Personal Financial Management class is in Bldg. 600, Rm. A135, from 10 to 11:30 a.m.

Pre-registration is required, and can be done by calling 384-7509.

### Nutrinformation

The Nutrition for Parents class is in Bldg. 600, Rm. A137, from 3 to 4 p.m. The program is taught by the University of Alaska Fairbanks Co-op Extension.

To register, call Stanley Austin at 384-7506.

### WEDNESDAY

### AFTB class

Army Family Team Building Level I is offered in Bldg. 600 from 9 a.m. to 3 p.m. For more information, or to register, call Lisa Williams at 384-1513.

### THURSDAY

### Build your skills

Wellness Workshops are available every Thursday at the Family Zone, Rm. 21 from 11:30 a.m. to 1 p.m. Bring your own lunch and learn about time management, stress, anger, conflict management and more.

To register, call 384-0504.

### Play groups

All play groups are offered at the Family Zone. For more information, call 384-7506.

**Monday and Friday** — Piglet's Play Group is free and open to infants from 10 to 11 a.m. The focus is on education, baby sign language, touch points, infant massage and baby play.

Pooh's Play Group is free and open to infant- through school-age children from 9:30 to 11:30 a.m. Fine- and gross-motor activities are offered. Parents also help plan crafts and special events.

**Tuesday and Friday** — Kanga Time Play Group is free and open to infant- through school-age children

from 4 to 5 p.m.

**Thursday** — The Tigger Time Play Group is free and open to infant-through school-age children from 11:30 a.m. to 12:30 p.m. The group focuses on fine motor skill activities through arts and crafts.

## At CYS

### TODAY

### Boogie nights

A teen dance featuring the live Navy band, Passage, is at the Youth Center (Bldg. 297) from 6 to 9:30 p.m. Attendees must be registered members of Child and Youth Services, sixth grade and up.

For more information, call Andrew Mosby at 384-1508, or Susan DeDionisio-Wymer at 384-1025.

### TUESDAYS AND THURSDAYS

### Romp N' Stomp

Family Child Care's Romp N' Stomp is available for providers from 10 to 11:30 a.m. Reservations are required for program usage.

The community Romp N' Stomp is available for children up to school age in the indoor children's gym in Bldg. 337 from 1:30 to 3 p.m.

All children must be registered with Child and Youth Services. For more information, call Central Registration at 384-7483.

### WEDNESDAY

### Parents' meeting

The Parent Advisory Support Council meeting is in Bldg. 337, Rm. 4 at 11:45 a.m. for all Child and Youth Services and School Ages Services parents. Child care and lunch is provided.

Call Central Registration at 384-7483 to register.

### THURSDAY

### After school program

School Age Service's Lights on After School Program open house is in Bldg. 337 from 4:15 to 5:30 p.m. Art displays and activities for children 6 to 12 years old will be available.

For more information, call 384-1068.

## COMING UP

### Seasonal rentals

Dyea Ski Center opens Oct. 13 for seasonal rentals. The center has a snack bar, video games, a sledding hill, beginning ski hill and groomed cross-country ski trails.

Other daily rentals include snowboards, ice skates, inner tubes for sledding, snowshoes and ice augers. Dyea Ski Rental is located on Dyea Street in Bldg. 470.

For more information, call 384-2960 or 428-1309.

### Violence prevention

Domestic Violence Community Awareness Training, "Take a Stand Against Domestic Violence," is offered Oct. 20 in the Post Theater at 10:15 a.m. and 1:30 p.m.

All Soldiers should plan to attend one of these sessions. Spouses and family members are strongly encouraged to attend.

Speakers from the Office of Staff Judge Advocate and Family Advocacy Program will address the impact of domestic violence on the Fort Richardson community, relationship of domestic violence and substance abuse, and resources available to assist families caught up in the cycle of abuse.